

# *Schools in full swing*

*Stuttgart community gears up for second semester go-round*



Brandon Beach

Taylor Baize, left, and Jannah Kalai, third-graders at Böblingen Elementary/Middle School, try to balance an orange while twirling around their classroom. The popular German children's game, called Apfelsinetanz, or the orange dance, is one of many activities students learn in the school's host nation program.

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## **New Stuttgart Wellness Center opens on Patch**

The new Stuttgart Wellness Center joins the the Patch Fitness Center and the Physical Therapy Office in Building 2337 to form a triad of health services.



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## **NFL cheerleaders salute Stuttgart community**

The Kansas City Chiefs Cheerleaders perform their military show on Patch. The show wraps up a month of Armed Forces Entertainment tours in Stuttgart.





## DARE graduates speak out ...

Sixty-five Böblingen Elementary/Middle School students recently graduated from the Drug and Alcohol Resistance Education program, or DARE.

The students were asked to share their thoughts on making smart decisions in an essay contest. Below are some excerpts.

I know it will be hard to make the right choices when I'm pressured by my friends, but I also know that true friends would want me to make my own decisions.  
— *Caroline Barry, fifth grade, first place*

I think it's important to be drug and violence free because I want to be successful, so I will stay out of risky situations and make healthy choices.  
— *Dennis Stevens, fifth grade, second place*

I will use the confident style to face peer pressure and always use the DARE decision-making model when needed.  
— *Wesley Powell, fifth grade, first place*

The DARE decision model stands for the four words we use to help us: define, assess, respond and evaluate.  
— *Claire Levitt, fifth grade, first place*

# Baseball reveals life lessons

Commentary by Lt. Col. Beverly Johnson  
437th Medical Operations Squadron

Baseball has been a part of my life as far back as I can remember. Growing up, I cheered on my brothers' little league teams until I was old enough to play myself. In high school I was a "Diamond Darling" for the baseball team (that is a cross between a bat boy and a cheerleader).

A couple of weeks ago, my husband and I took our kids out to watch the Charleston RiverDogs. As the innings went on, I began to reflect on baseball and all the lessons that can be gleaned from this great American pastime.

Here are 10 lessons baseball has taught me about leadership:

**Lesson 1:** Recruiting. Without talented players, it will be difficult to succeed. Sometimes you must build your own talent through on-the-job training, professional military education and mentoring.

**Lesson 2:** You must bring the team together physically and mentally. They must work together like a well-oiled machine. A leader must make sure the entire team understands the mission, its priorities and the unit strategy to get the job done.

**Lesson 3:** Each player must know their role and how they can work with others to win. If the medical technician doesn't take an accurate medical history or set of vital signs, the physician may misdiagnose a patient or prescribe the wrong treatment.

**Lesson 4:** Hire special assistants who can mentor and refine the players' critical skills. Every college and professional team has a batting coach and pitching coach. Our seasoned NCOs are a prime example of these special assistants. They can share valuable insight that takes years to learn firsthand.

**Lesson 5:** Everyone has a slump now and again. This has never been more apparent than in this current environment of high operations tempo and force-shaping. Stress can take a toll on many individuals, their families and units. Be supportive of your players; get them through the crisis. Regardless of whether it is mental health counseling, fitness training

**Stand up for your players.  
Fight for the close calls and  
challenge the bad calls.**

or financial guidance, get outside help if necessary — that [person] is worth it.

**Lesson 6:** Stand up for your players. Fight for the close calls and challenge the bad calls. ...

**Lesson 7:** Don't forget about the fans. Your public pays your salary and you owe them your best. We must continue to be good stewards of government property and funding. We also must support our local community as they support us behind the scenes.

**Lesson 8:** Sportsmanship speaks volumes about your organization. Are you professional or not? Customer service is your frontline and external and internal agencies will potentially judge your entire organization by their interaction with one member of your team. Make sure everyone is a professional on and off the job.

**Lesson 9:** Know when to cut your losses. If your player isn't willing to commit to the team effort and is costing you games, it's in your best interest, and probably theirs, to let them go, you are better off without them. ...

**Lesson 10:** You can't win all the games, but you have to keep your eye on the pennant. Each unit will have challenges and even failures, but the unit must learn from them, adjust and move on.

Regardless of where you are in life, these are wonderful lessons that can help you succeed on the baseball field or in the workplace. Next time you sit down to watch a game, think about other lessons you might learn. Play ball!

Johnson is commander of the 437th Medical Operations Squadron. This commentary appeared online at [www.af.mil](http://www.af.mil).

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## ON THE STREET

*What was the most important lesson you learned in school?*



**Tameshia Hall**  
(Civilian)

"Always treat others the way you want to be treated. There was a lot of teasing in my day."



**Senior Master Sgt. Sam Cabalar**  
(U.S. Air Force)

Discipline. It's the same skill required personally and professionally.



**Becca Robinson**  
(Student)

"That grades count in high school. It was so easy in elementary school, and it's so hard now."



**Staff Sgt. Reginald James**  
(U.S. Army)

"Discipline and respect — and to continue to strive to excel. That was the motto of my junior high school."



**Lt. Angeline Graham**  
(U.S. Navy)

"Respect for education. Knowledge is power."



**Bill Meyer**  
(Civilian)

"Don't rat out your buddy. It gets back to you."



**Pfc. Mike Tummers**  
(U.S. Army)

"To be honest. It's gotten me pretty far."



**Cindy Reuter**  
(Civilian)

"Not to cheat to get ahead because eventually it will catch up to you."



# Citizen writer named Army's top civilian journalist in Europe

Story & photo by Brandon Beach  
USAG Stuttgart Public Affairs Office

The assistant editor of *The Citizen* was selected as the Army's top civilian journalist in Europe during the Installation Management Command-Europe 2007 Maj. Gen. Keith L. Ware Award competition.

Susan Huseman, who has served with the U.S. Army Garrison Stuttgart Public Affairs Office since last October, earned the title of IMCOM-E Moss-Holland and Civilian Journalist of the Year.

Before joining *The Citizen*, Huseman was a writer for the *Herald Union*, the command information newspaper for USAG Hessen, where she served as associate editor from 2005-2007.

"As a reporter, it's certainly a challenge to learn a new community," said Huseman of her recent move to Stuttgart. "But there are a lot of stories out there yet to be told."

By winning the regional title, Huseman has also earned the right to represent IMCOM-E in the Army-wide Keith L. Ware competition in March.

In addition to winning the CJOY, Huseman also garnered two other first-place Keith L. Ware awards: commentary and story series.

*The Citizen* earned second place in the Special Achievement in Print Media category for its April 3, 2007, special edition, which was devoted to anti-terrorism and personal security.

This was the fourth consecutive year that the paper placed in the Special Achievement in Print Media category.

Brandon Beach, editor of *The Citizen*, placed first in the single/stand-



Susan Huseman, left, named the 2007 IMCOM-E Moss-Holland Civilian Journalist of the Year, interviews a service member on Panzer Kaserne Feb. 8.

**As a reporter, it's certainly a challenge to learn a new community.**

Susan Huseman  
Assistant Editor

alone photograph category and second in story series.

The Ware awards are designed to recognize both military and civilian journalists whose work enhances the Army's internal command information program.

Only first place awardees move on to compete at the Army-wide competition in March.

Maj. Gen. Keith L. Ware received the Medal of Honor for actions undertaken in France in December 1944, when he was then a lieutenant colonel. Forty-four years later, Ware became the highest-ranking U.S. service member to be killed in Vietnam.

The Moss-Holland award is named in honor of John Moss and Peggy Holland, two civilian print journalists who were killed in the 1995 bombing of the Murrah Federal Office Building in Oklahoma City.

For a complete list of winners visit [www.imcom-europe.army.mil](http://www.imcom-europe.army.mil).

## News & Notes

### Volunteers needed at SCSC bazaar

The Stuttgart Community Spouses Club seeks volunteers March 10-16 to assist at the upcoming Spring Bazaar to be held March 14-16.

Volunteers are eligible for raffle prizes and a pre-bazaar VIP shopping pass. To volunteer, contact Cora Leigh Clark at [scsbazaarvolunteer@yahoo.com](mailto:scsbazaarvolunteer@yahoo.com).

### New ID card needs two forms

People needing a new ID card from the U.S. Army Garrison Stuttgart ID card office are now asked to provide two forms of picture ID.

The change is a result of a system upgrade. Without two picture IDs, the system will not complete the process of issuing an ID card.

For more information, call DSN 431-2333.

### Unofficial translations available

Army Community Service offers free, unofficial translation services (German/English) Monday through Friday from 8 a.m. to 2 p.m. Appointments are not necessary.

For more information, call 431-3007/3362 or civ. 07031-15-3007/3362.

### USAG Stuttgart award ceremony

U.S. Army Garrison Stuttgart will hold an awards ceremony Feb. 22 at the Patch Barracks Community Club starting at 2 p.m.

All approved awards for presentation by the garrison commander must be turned into the Directorate of Human Resources in Building 2949 on Panzer Kaserne before Feb. 15. Awardees must be present at 1:15 p.m. For more information, call 431-2406/civ. 07031-15-2406.

### Blood drive in Stuttgart

The Armed Services Blood Bank Center-Europe will conduct a blood drive Feb. 28 from 9 a.m. to 5 p.m. at the Patch Fitness Center.

To make an appointment to donate, go to [www.militarylifeforce.com](http://www.militarylifeforce.com) and click the "Non U.S. Drives near Landstuhl, Germany" link, then follow the instructions to register. Walk-ins are welcome.

### Love and Logic classes offered

Learn easy-to-use, practical techniques that help parents achieve respectful and healthy relationships with children. Teach children to be responsible, caring and prepared for the real world.

Love and Logic classes will be conducted Feb. 21 and 28, Mar. 6, 13, 20, 27 from 10-11:30 a.m. at Army Community Service, Building 2915, Room 312, on Panzer Kaserne.

For more information, call Kelly Beck at 431-3352/civ. 07031-15-3352.

### PCS briefing Feb. 20

A permanent change of station/preseparation briefing will be held Feb. 20 at 1 p.m. at Building 2913 on Panzer Kaserne. All service members and civilians departing within the next four to five months should attend.

All separating Army personnel must attend this briefing to receive preseparation information. Advance registration is required.

For more information and to register, call 431-2599/civ. 07031-15-2599.

### Cabaret at the Broadway Cafe

The Stuttgart Entertainment Branch presents Jeanne Ragonese in a one-woman show, "What Is This Thing Called Love," Feb. 14-16 at 7:30 p.m. at the Broadway Cafe on Kelley Barracks. The Broadway Cafe will be open before and after the show.

Tickets are available at [www.kelleytheatre.de](http://www.kelleytheatre.de).

### Peace Project contest announced

Youths in grades one to 12 are invited to participate in the Army Community Service Peace Project contest. Entries can be essays or art projects but must address how a youth contributes to peace in the home, community or world. Deadline for entries is March 30. Packets can be picked up at ACS, Building 2915, on Panzer Kaserne. Winners and prizes will be announced during the Family Advocacy Program's Leadership Conference April 18. For more information, stop by ACS, any Child and Youth Services activity or call 431-3362/civ. 07031-15-3362.

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# Stuttgart Soldier to compete at Culinary Arts Competition

Story & photo by Susan Huseman  
USAG Stuttgart Public Affairs Office

Sgt. Charles Johnson of the 554th Military Police Company will join the U.S. Army Europe/Installation Management Command-Europe culinary team during the U.S. Army Culinary Arts Competition being held at Fort Lee, Va., March 1-14.

"It's an honor," said Johnson, a shift leader at the Panzer Dining Facility, on being selected. Johnson said he looks forward to the challenge and the opportunity to learn new skills.

"Johnson does his job very well," said Sgt. 1st Class Scott Shimon, the Panzer DFAC



Sgt. Charles Johnson

manager. "He really performed during the Connelly competition. He was our first cook for the competition, which means he was in charge of the kitchen."

Last month the Panzer DFAC took second place for small garrisons at the 2007 Army-level Philip A. Connelly Awards for Excellence in Army Food Service.

Johnson, a 10-year Army veteran, will be in charge of the field cooking category for

Team Europe, and will also be responsible for entrees at the Fort Lee competition.

Shimon said participating in the Culinary Arts Competition goes a long way in developing a cook's food service skills. "It's a really good learning experience. The whole team will benefit from Johnson attending," he said.

The Culinary Arts Competition is the largest culinary competition in the United States. It is open to active-duty members of all services, Department of Defense civilians and reservists. The American Culinary Federation sanctions the competition. Medals received from federation entries can be used toward chef certification.

Other Team Europe members represent USAG Mannheim, USAG Heidelberg and USAG Kaiserslautern.

Team Europe and teams from installations world wide will compete in categories such as junior chef of the year, senior chef of the year, nutritional hot-food challenge, field competition, cold-food table, senior contemporary cooking, student skills competition and the culinary knowledge bowl.

The senior and junior chef of the year winners will receive a week of training at the La Cachette resort in Germany.

*(Some information for this story was obtained from an Installation Management Command-Europe press release.)*

## Stuttgart community members earn arts and crafts honors

By Tim Hipps  
Family and Morale, Welfare and Recreation  
Command Public Affairs Office

More than 200 Soldiers, including those serving in Iraq and Kuwait, civilians, family members and MWR patrons from 39 garrisons generated 530 entries in the 2007 Army Arts and Crafts Contest. Crafts were entered in 2-D and 3-D categories in ceramics, drawings, fibers and textiles, glass, metals and jewelry, oil-base painting, water-base painting, wood and mixed media. They were further divided into novice and accomplished artist divisions.

The accomplished division was for competitors who have gained skills and knowledge through formal courses leading to credit in college or art schools. Those whose skills had not been acquired in formal education competed in the novice division.

Several competitors, such as Army veteran Myrna Hawkins, said they feel like they have spent their art "careers" producing entries for the Army Family and Morale, Welfare and Recreation Command-sponsored event. Thirty-two contestants were returning participants and 175 entered for the first time.

Artists from the Stuttgart community garnered seven honorable mentions and a third-place award.

First-place winners received \$300, runners-up \$200, and

third-place finishers \$100. Contestants who received honorable mentions were issued certificates of excellence.

"Ceramics is a great stress reliever," said Hawkins, whose "African Influence" placed first in the accomplished metals and jewelry category and "The Mask" earned runner-up honors in mixed media 3-D.

"When you put your hand in the clay and start to work, a peace just seems to come over you. I can't quite explain, but it's wonderful."

Capt. Hee Kim, a hobby origamist since elementary school who is stationed at Fort Stewart, Ga., won the novice mixed media 3-D category with "Ancient Dragon."

Origami is the Japanese art of folding paper into decorative or representational forms, such as animals or flowers. "It gives me time to be creative without worrying too much about 'what if,'" Kim said. "After all, it is just a paper." Kim followed the original design of a piece created by renowned origamist Staoshi Kamiya. "I folded mostly based on his diagrams," Kim explained. "Though I made modifications and airbrushed it to give its statue and sculpture-like presence."

Stuttgart winners include Pia Diggs who won an honorable mention in Novice Ceramics for "Room Corner."

Rebecca Meyer's "Dial Tone" won an honorable mention in the Novice Drawing category.

Charlottee Hogan received an honorable mention in Novice Metals and Jewelry for her "Beaded Collar."

"Dog Boat," an entry in the Mixed Media 3-D category, earned Zachery Zartler an honorable mention.

In the Accomplished Water-Base Painting category, third place went to Mary Beth Crane for her "Tuscan Still Life I."

Laurel Yatsko earned an honorable mention in Novice Water-Base Painting for "Celia as Styliane."

Brandon Windes received honorable mentions for his maple burl bowl and mahogany shelves in the Novice Wood category.

The contest was judged by Pam Eisenmann, a former art teacher and manager of Army Arts and Crafts programs in Europe, Korea and the continental United States, and George Goetzke, a former arts director and woodworker, who works at Walter Reed Army Medical Center.

May 25 is the submission deadline for the 2008 Army Arts and Crafts Contest. Authorized MWR patrons, with the exception of employees of the Army Arts and Crafts program, are eligible to enter. All submissions must be the entrant's original work and must be completed within 24 months of the beginning of the contest year.

*For more details, write to FWRC Attn: FMWR-CR (Arts & Crafts), 4700 King Street — 4th floor, Alexandria, VA, 22302-4418 or call Linda Ezernieks at civ. (703) 681-7754.*



### Fat Tuesday flapjacks

Dean Kraft, right, mans the griddle at the Stuttgart Catholic Community Shrove Tuesday pancake supper Feb. 5 at the Patch Community Club. The event was a fund raiser to support future priests for the military services. Photo above: Lynn Knapp and her children, Christian, 5, and Caterina, 3, enjoy pancakes at the supper. Shrove Tuesday is known as "pancake day" because rich ingredients such as eggs, milk, and sugar need to be used before Lent started.



Photos by Susan Huseman



# Service members to receive retroactive pay

By John J. Kruzel

American Forces Press Service

Active duty troops will receive retroactive earnings this month, followed weeks later by a supplemental payday for non-active personnel, announced Pentagon officials late last month.

The National Defense Authorization Act signed into law Jan. 28 by President Bush stipulates a 3.5 percent military pay raise. This hike is 0.5 percent higher than an executive order Bush signed Dec. 28 to increase pay by 3 percent, which took effect Jan. 1.

In mid-February, the Defense Finance and Accounting Service will pay active duty troops the extra 0.5 percent raise earned since

the start of 2008. Non-active members will receive the supplement "a couple weeks later," said Bill Carr, deputy undersecretary for military personnel policy.

Carr said the Pentagon is "delighted" with the act and praised cooperation by Congress. Disagreement between the president and Congress over non-defense-related earmarks and controversial language about the Iraq war had delayed the bill's enactment.

"I think it's good news for everybody in uniform," Carr said. "This Congress has been terrific in working with us in terms of providing to the troops the things that they need."

Between 2000 and 2007, private-sector pay increased by 29 percent, while military

pay jumped 42 percent during the same time, Carr said. Meanwhile, wages paid to noncommissioned officers, which includes corporals and all grades of sergeant and petty officer, spiked by about 52 percent.

"We've made considerable headway, in terms of increasing the value of military pay, to the point where we're now frankly in about the 70th or 80th percentile of similarly educated American earners," Carr said. He noted that the most recent raise, by virtue of exceeding the current inflation rate, will increase service member recipients' purchasing power.

Pentagon Press Secretary Geoff Morrell said the retroactive payments ensure "that

our forces are compensated commensurate to their service and sacrifice." In a news conference at the Pentagon today, Morrell noted that troops will benefit in various ways by provisions codified in the act.

"It lets us resume offering bonuses to new recruits and re-enlisting troops," he said. The act also includes funding to improve health care and benefits for wounded troops and veterans.

The bill became law just a week before the next budget cycle begins as Bush sends his fiscal 2009 request to Capitol Hill. That budget proposal, along with a request for \$70 billion in emergency war spending, was delivered to Congress Feb. 3.

## Military women's, spouses' issues examined

By John J. Kruzel

American Forces Press Service

With help from a Defense Department committee, issues concerning military women's health care and spouse employment are gaining more attention from policy makers and commanders in the 85-percent male U.S. forces.

Armed with a \$500,000 budget, the Defense Advisory Committee on Women in the Services held focus group sessions in 2007 with female troops of varying rank and combat experience at 10 military bases. In an annual report released Jan. 30, the women's committee depicted a U.S. military dealing with gender-specific concerns.

In an interview, Mary Nelson, the chairwoman of DACOWITS, said she was surprised to discover the level of appreciation female service members expressed after participating in DACOWITS focus groups.

"We tell them the Secretary of Defense has sent us out here to hear your issues," Nelson said. "And I think that means a lot to them that somebody wants to hear what their concerns are, and wants to be sure that they're treated fairly and that they're getting a fair chance."

Based on feedback from last year's round of focus groups, DACOWITS has recommended that military medical screenings be retooled to include Pap smears and other women-specific assessments. The group advocates creating pre- and post-deployment medical screening questionnaires designed with females in mind.

For deployed female service members, the most common health risk is urinary tract infection, Nelson said. Though both men and women can contract UTI, physiological differences make women much more vulnerable to UTIs than men.

"They're out on these 10-hour convoys where there is nowhere for (women) to urinate," said Nelson. "They can't stop the convoy and get out."

On other feminine health issues, Nelson said that while some problems that arise in the field likely are unavoidable,



Lance Cpl. Michael J. O'Brien

*Female service members need to be aware of certain health issues, such as urinary tract infections and birth control, before they deploy.*

others could be mitigated or avoided entirely by educating women before deploying. "There are some things that can be addressed, and one of them is the kind of clothing they should wear," she said.

During pre-deployment preparations, many female service members also aren't informed that certain types of birth control are ill-suited for conditions in theater, Nelson said.

"If you take the (birth control) patch, and you're sweating all day, it's not going to stay on," she said. "There's one form of birth control that needs to be refrigerated. Well, they don't have the facilities."

To educate female troops on such issues, the committee is recommending that an instructional manual geared towards female service members that the Army publishes be disseminated more widely. DACOWITS also suggests establishing support outlets that connect females returning from deploy-

ments, allowing them to unburden themselves emotionally with other women.

DACOWITS, started in 1951 by Defense Secretary George C. Marshall as a committee tasked with recruiting women for military service, has expanded its scope over the years. The committee now provides advice and recommendations on improving women's experience in the armed forces.

In 2002, the committee's purview extended to include family issues related to recruitment and retention. This year's report advocates initiatives to enhance the satisfaction of military spouses — the majority of whom are women — which DACOWITS considers "a retention issue not to be ignored."

A 2006 survey revealed that 77 percent of spouses want to work, although nearly 48 percent were not employed at the time of the survey, according to information published by DACOWITS. Moreover, 73 percent of DACOWITS focus group participants said they were trained for a specific career and more than half of these said they are currently working in the career for which they are trained.

A wide range of programs and support systems are in place for spouses desiring employment, but these are often hidden and unknown to the uninitiated, DACOWITS said. Broader dissemination of information, therefore, is essential to maintaining the satisfaction of service member spouses.

Nelson said that soon after arriving at a military base, families are invited to initial briefings which could include information of interest to military spouses, including employment. Spouses, perhaps because they feel unwelcome to attend, generally don't accompany their military husband or wife.

"We ought to get our spouses to come, so we suggested that the military units send out invitations specifically to spouses, and that in that initial briefing they talk about employment opportunities," she said. "Now we're not suggesting that they have to tell them everything that's possible, but at least point them in the (right) direction."

## Free Tax Assistance Stuttgart Tax Center

Kelley Barracks (Building 3312, Room 231)

Monday-Friday, 8 a.m. to 4 p.m.

DSN 421-4588/civ. 0711-729-4588



# Stuttgart-area schools in full swing



Brigitte Arrington, a host nation specialist at Böblingen Elementary/Middle School, paints a pumpkin on the face of Adrianna Barrera, a fifth-grader, during a lesson on German Fasching Jan. 30. On that day, Arrington and her students dressed as fairy tale characters such as witches and knights and played several traditional Fasching games.

## BEMS host nation studies teacher brings life outside the gate closer to American students

Story & photo by Brandon Beach  
USAG Stuttgart Public Affairs Office

They are dressed today as witches, knights and pirates. Each student stands in the center of the classroom, arms locked, paired off with one another. Around their ankles, they have each tied a balloon. The desks and chairs have been cleared away into corners.

Brigitte Arrington, the host nation teacher at Böblingen Elementary/Middle School, starts the tape deck, and a German polka, heavy on accordion, crackles out from the speakers.

It's barely a beat into the song, and the raucous has begun. The ten fifth-grade students dance, stomp, laugh and stomp some more. Balloons start to explode.

"When it gets too wild, I have to stop the music," says Arrington, who has been a host nation teacher in Stuttgart since 1998.

Today though, she lets the party go. It's Fasching—which is Carnival season in southern Germany — so why not. In the last five days, beginning with *schmutziger Donnerstag*, or Fat Thursday, Arrington has taught Fasching to all six grade levels, kindergarten through sixth, meaning 30 different parties. Thank goodness for Ash Wednesday.

Bringing American students closer to such German

*In a playful way I, see how they mix English and German when they talk with me. I can see how eager they are to use the words that they know.*

Brigitte Arrington  
BEMS host nation teacher

traditions, like Fasching, has been Arrington's goal since she began teaching host nation classes to the U.S. military in Augsburg. That was 22 years ago. In 1998, she joined the faculty at Robinson Elementary/Middle School and later BEMS.

"I love my job," said Arrington. "Of course, I have to plan a lot, and I always run out of time. But I like it so much when the kids like being here."

Arrington not only spends a majority of her time planning out lessons, but also in setting up field trips. Throughout the school year, her students visit local museums, theaters, bakeries and zoos. They attend bike safety courses taught by the German *polizei* and visit other German elementary schools.

Unlike a straight foreign language course, host nation extends beyond language acquisition to encompass cross-cultural studies. The Department of Defense Education Activity, or DoDEA, offers a host nation program in such places as Belgium, Cuba, Korea and Spain. The goal is to bridge the gap between life inside the gate and life outside.

For Arrington, elementary students are at an ideal age to pick up another language, as they are less inhibited to take risks.

"In a playful way, I see how they mix English and German when they talk with me. In one sentence, they may speak both," said Arrington. "I can see how eager they are to use the words that they know."

Throughout the week, Arrington teaches her students German by using music, dance, drama, and of course her favorite, as her puppets.

"My puppets only speak German," she said.

Each lesson encourages movement and play, said Arrington. Less emphasis is placed on sitting behind books.

It's 10:40 a.m. now, and Arrington's fifth-grade class is coming to a close. The students have taken off their eye patches, plastic chest armor and fake beards and are lined up at the door. The bell rings, and they file out.

"Auf Wiedersehen, Kinder," says Arrington, which in English means goodbye, children. Each of them give her a hug. It's no wonder she's been at it for 22 years.

For more about host nation classes at BEMS call 431-2715/civ. 07031-15-2715 or visit the school online at [www.stut.esb.eu.dodea.eu](http://www.stut.esb.eu.dodea.eu).

## Böblingen Elementary School assembly honors 65 DARE graduates for their efforts

Story & photo by Brandon Beach  
USAG Stuttgart Public Affairs Office

With the right set of tools, students at Böblingen Elementary/Middle School are learning how to say no to drugs and alcohol.

That was the message spoken at a recent Jan. 30 school-wide assembly, where 65 students received diplomas from the Drug and Alcohol Resistance Education program, or DARE.

"We are always encouraged when our students have the tools to go out into the world," said Dr. Harriet Hunter-Boykin, the school's principal. "The DARE program is a wonderful vehicle to help our students make smart decisions."

Making smart decisions was the focus of this six-week prevention program, which involved weekly classroom activities, visits by community experts and a final essay-writing contest.

"They are learning to be in charge of their lives," said Earnest Epps, U.S. Army Garrison Stuttgart DARE officer.

During the hour-long ceremony, students received gold graduation lapel pins and goodie bags, while parents crowded to the front of the gymnasium to take photos.

"The program was really important to my son," said Jean Poholsky, mother to, Stuart, a BEMS sixth-grader. "I wanted to show how much I support him."

Col. Richard M. Pastore, USAG Stuttgart commander, praised the community's spirit of "teamwork," as teachers, parents and garrison leaders "work together toward common goals."

"This program gives our kids something



Dr. Harriet Hunter-Boykin, principal of Böblingen Elementary/Middle School, congratulates fourth-grader Stuart Poholsky, a graduate of the Drug and Alcohol Resistance Education program, as Col. Richard M. Pastore, commander of USAG Stuttgart, looks on.

*They are learning to be in charge of their lives.*

Earnest Epps  
Stuttgart DARE officer

to take with them for the rest of their lives," he said.

For more about DARE in Stuttgart call Earnest Epps at DSN 430-5560.

### About DARE

The DARE program was founded in 1983 by a group of Los Angeles police officers and school teachers to teach children about the dangers of drugs and violence.

It is now being implemented in 80 percent of U.S. school districts and in more than 54 countries around the world.

DARE is a police officer-led series of classroom lessons that teaches children how to resist peer pressure and live productive drug-and violence-free lives.

- Source: [www.dare.com](http://www.dare.com).

## NCA accreditation team to visit Stuttgart schools

By Brandon Beach  
USAG Stuttgart Public Affairs Office

A team from the North Central Commission on Accreditation and School Improvement will visit two Stuttgart-area schools this week. The visit coincides with NCA's five-year cycle on school improvement. Both Böblingen Elementary/Middle School and Robinson Elementary/Middle School are up for re-accreditation this year.

The organization last visited the two schools in 2002. Visits are scheduled at BEMS Feb. 12-13, and at RBEMS Feb. 14-15.

To become a member of NCA, a school must meet all NCA standards, conduct a self-study, and adopt a model of school improvement.

In September 2007, both schools established a School Improvement Process (SIP) committee to draft a series of performance goals. The emphasis at BEMS is problem-solving, and the school-wide rubric, explained Dr. Harriet Hunter-Boykin, has been UPSL, or 1) understand, 2) plan, 3) solve, and

most importantly, 4) look back.

"We want students to ask, 'Was it a good decision? Did it turn out the way I expected? How can I improve?'" she said. "In every classroom, you see that model."

RBEMS, for their part, has adopted the goal of highest academic achievement.

"We take a look at how we can make every one of our students successful. It has to be a real firm belief that all kids can succeed," said Dr. Shirley Sheck, RBEMS principal. "It's not just rhetoric. It can be done."

At the center of the school's push is

"differentiated instruction," which means looking at each student individually to meet their needs.

Following the two-day visits, the team will host an outbrief at both schools. Excerpts from the team's final reports will be made available in future Citizen editions.

NCA is a non-profit organization that reviews over 8,000 stateside and DoDDS overseas schools.

Last year, NCA visited Patch Elementary School and Patch High School. Both schools earned accreditation.



Joyce Kennedy, USAG Stuttgart schools liaison officer, demonstrates how to "click it" [reflective band] and "wear it" using the arm of Stephanie Lawrence, a student at Robinson Barracks Elementary/Middle School.

## Garrison campaign promotes safety for school pedestrians

Story & photo by Brandon Beach  
USAG Stuttgart Public Affairs Office

More than 2,000 reflective arm bands were passed out to Stuttgart-area students last month as part of the garrison's "Be Safe Be Seen" campaign.

"We start school at 8 [a.m.], so it can be very dark out," said Dr. Shirley Sheck, principal of Robinson Barracks Elementary/Middle School. "Wearing these arm bands allows our students to be better noticed by motorists."

Here in Germany, Daylight Saving Time ended Oct. 28 last year, setting clocks back an hour. Since that shift, there have been no reported vehicle-related accidents among children commuting to Stuttgart-area schools, said Roger Smith, U.S. Army Garrison Stuttgart safety specialist.

The campaign therefore is about reducing risk. "It's really about being proactive and preventing accidents," said Scheck. "You don't always have students using their best judgement. They can get in a hurry and not live in the moment. The big push is to be seen."

Many RB middle-school students, whose families live as far west as Weil der Stadt, board buses at 6:50 a.m. and arrive at school an hour later.

Rachel Rolle, a fifth-grader at RBEMS, walks to the bus stop each morning with her mom, but confessed, "I still get a little scared when it's so dark."

Joyce Kennedy, USAG Stuttgart schools liaison officer, reminded students, during a Jan. 30 visit, to 1) wear bright clothes, 2) always use the crosswalk and 3) click it and wear it. Each student received two arm bands and a goodie bag. She was joined that day by Smith and Christoph Holderried, also a safety specialist, to help answer those "darndest" questions. One brave soul threw up a hand.

"What if there is a bad guy coming, and he can see us?" asked 10-year old Will Harper.

Is there anybody from the anti-terrorism office?

For more about the garrison's Be Safe Be Seen campaign call Joyce Kennedy at 430-7465/civ. 0711-680-7465.

## Stuttgart schools online

From academics to athletics, information about Department of Defense Dependents Schools in the Stuttgart area is available online. Get the latest on calendar events, high school sports schedules and up-to-date contact information at the following online addresses:

**Böblingen Elementary/  
Middle School**  
[www.stut-esb.eu.dodea.edu](http://www.stut-esb.eu.dodea.edu)  
**Patch Elementary School**  
[www.patch-es.eu.dodea.edu](http://www.patch-es.eu.dodea.edu)

**Robinson Elementary/  
Middle School**  
[www.rbars-es.eu.dodea.edu](http://www.rbars-es.eu.dodea.edu)  
**Patch High School**  
[www.stut-hs.eu.dodea.edu](http://www.stut-hs.eu.dodea.edu)





European Command Plans and Operations director, Army Maj. Gen. P.K. (Ken) Keen, walks on a treadmill during a VO2 max test at the Stuttgart Wellness Center Jan. 30.



Col. Richard M. Pastore, the USAG Stuttgart commander, breathes into a tube to demonstrate the Stuttgart Wellness Center's newest piece of equipment, a metabolic analyzer, Jan. 30 at the center's grand opening.

# Wellness center's new location, equipment set new standards

Story & photos by Susan Huseman  
U.S. Army Garrison Stuttgart Public Affairs Office

The Stuttgart Wellness Center celebrated its new location at Building 2337 on Patch Barracks with a grand opening ceremony Jan. 30.

The wellness center, formerly tucked away on the second floor of Washington Square, is now located next to Physical Therapy and the Patch Fitness Center.

"The new location makes us more visible to the community. We're also just down the street from the health clinic," said director Terri Tokar.

When the Gussy Goose moved into the Multi-Crafts Center, Tokar knew the vacated space was the perfect location for the wellness center. In fact, the new location has created a buzz among senior Army leaders.

"Lt. Gen. Wilson, the commander of U.S. Army Installation Management Command, sees this as a potential model for all garrisons, in terms of putting together a wellness center, physical therapy and a beautiful fitness center," said Col. Richard M. Pastore, the U.S. Army Garrison Stuttgart commander. "We're really proud of this facility. It's a win-win for everybody."

The new location allowed the wellness center to double its space. The facility includes a large lobby, classroom, a relaxation room, offices and testing rooms.

"Our location gives us more space and the ability to offer new services," said Tokar. "We continue to provide the services we've offered for the past seven or eight years, such as weight management, nutrition, fitness assessments, blood pressure and cholesterol screenings, and stress management. And we are happy to announce we have two new pieces of testing equipment for the community — a VO2 max test and a metabolic analyzer."

"VO2 max testing is a maximal oxygen uptake test — it is really the ultimate indicator of cardiovascular fitness," said Tokar.

The test is widely used by elite athletes to help maximize their training efforts. "It's also a great tool for someone who has just started out on an exercise program," she said.

Tokar said the test will allow her staff to pinpoint a client's ideal target heart rate training zone. "It's about helping them work smarter, not harder."

"The second test is a metabolic analyzer. It's a very simple test," she said. "As you sit comfortably you breathe in and

"Lt. Gen. Wilson, the commander of U.S. Army Installation Management Command, sees this as a potential model for all garrisons ..."

Col. Richard M. Pastore  
USAG Stuttgart commander

out of a tube for about 10 minutes." In order to take the test, clients can not eat or exercise for four hours before the test.

"The results will show how many calories you burn at rest," said Tokar. The staff can then calculate the exact number of calories needed to lose weight based upon lifestyle and exercise. Tokar will have clients attend a class where they will receive a customized meal plan and learn how to raise their metabolic rate.

At the grand opening, the USAG Stuttgart commander demonstrated the metabolic analyzer while European Command Plans and Operations director, Army Maj. Gen. P.K. (Ken) Keen, tried out the VO2 max test.

"These tests would cost a lot of money out in the private sector," said Tokar. An online search shows that stateside a VO2 max test can cost anywhere from \$85 to \$120, while a metabolic test can cost \$65 to \$85.

The wellness center staff currently consists of Tokar, nurse educator Liz Slater, and Susan Mizgala, the community health nurse. Tokar is in the process of hiring a part time dietician. "We should have someone on board in a couple of weeks," she said.

*The Stuttgart Wellness Center offers programs such as tobacco cessation, weight management, civilian fitness, pregnancy orientation and nutritional counseling. Classes covering topics such as managing high blood pressure, yoga and other wellness issues are also offered.*

*Walk-in services include blood pressure testing, use of a massage chair and body composition scale. All other services require an appointment. Units can also request briefings. For more information, call 430-4073/civ. 0711-680-4073.*

## Wellness Day helps improve lives

By Allison Hawkins  
Defense Information Systems  
Agency, Europe

A healthy employee is a productive employee. That was the message delivered by Defense Information Systems Agency-Europe commander, Col. Michelle Fraley, during the first DISA-Europe Wellness Day held Jan. 25 at the Patch Fitness Center.

More than 100 DISA military and civilian personnel accepted the challenge to improve their lives through fitness and nutrition.

The morning began with a nutritional class held by fitness trainer and exercise physiologist Dena Taylor.

Taylor expelled many common myths and misconceptions with a nutritional quiz. Shedding

light onto several fad diets, Taylor provided employees with the tools needed to start building a proper and nutritious diet, which included how to read and understand food labels.

Stuttgart Wellness Center director Terri Tokar and nurse educator Liz Slater provided employees with facts regarding high blood pressure, heart disease and cholesterol. They explored risk factors, complications and contributors to these diseases, as well as services the Wellness Center offers to help control them.

Employees then broke into groups for fitness sessions. They were introduced to the variety of classes and services offered at the Patch Fitness Center. Employees sampled classes such as Boot Camp, Iron Works, Spinning, Drums Alive, yoga and Pilates.

For those who were new to the gym or just needed a brush up on the fundamentals, courses in weight lifting and proper running technique were offered.

The Wellness Center also gave free blood pressure screenings and body fat measurements. The Sports Medicine Clinic gave a running shoe clinic, arming attendees with information on choosing the right running shoe for them.

DISA-Europe employees went home with a better awareness of how to live a healthy lifestyle, and the potential risks surrounding an unhealthy one.

"I am thrilled with the enthusiasm of the DISA-Europe employees and their willingness to be open to new information and fitness routines," said Col. Fraley.



### Kick the habit

with help from the Stuttgart Wellness Center  
**Tobacco Cessation Quit Tips Class**

March 11, noon to 1 p.m.  
Building 2337, Patch Barracks

Class size is limited.  
Call DSN 430-6383 to register.





# Army taking action to stem rising suicide rates

By Donna Miles

American Forces Press Service

With Army suicides on the rise — approaching rates for the same demographic among civilians — Army officials are evaluating their programs to see what more can be done to stop the escalation.

During 2006, 102 active-duty Soldiers committed suicide, the highest number since the last large-scale military deployment, in 1990 and 1991, said Army Col. (Dr.) Elspeth Cameron Ritchie, psychiatric consultant to the Army surgeon general.

That's a rate of 17.5 per 100,000, a dramatic spike from 12.8 per 100,000 in 2005 and the highest rate since 1980, Ritchie said. This compares with the 19.9 per 100,000 rate among military-age civilian males.

All indications show the 2007 rates will be at least as high as in 2006 and probably higher. So far, 89 suicides have been confirmed during 2007, and another 32 active-duty deaths are being investigated, Ritchie said.

Meanwhile, there's an equally troubling spike in suicide attempts, which surged beyond 2,000 in 2007 from about 1,400 the previous year and about 350 in 2002. Ritchie conceded the rate is on the rise, but probably not as dramatically as the numbers alone indicate. She cited better compliance with reporting requirements and new electronic medical records that make data easier to capture with boosting the numbers.

Army officials said they're alarmed about the increase, particularly in light of initiatives already under way to prevent suicides through training and education, outreach and mental health screenings. The Army has made broad strides in improving access to mental health care, both in combat theaters and at home stations, and in working to overcome the stigma associated with seeking care, she said.

Ritchie said it's impossible to gauge how many suicides these efforts may have prevented.

But even with this emphasis, "we see the numbers continue to rise," said retired Col.

**Contrary to popular belief, most active-duty suicides aren't among deployed Soldiers or those just back from combat.**

Dennis Dingle, director of the Army's Well-Being Branch. "It's something that we're concerned about. We're committed to do everything we can to mitigate those risks that cause Soldiers to take their lives."

Contrary to popular belief, most active-duty suicides aren't among deployed Soldiers or those just back from combat. Of 102 suicides during 2006, 72 of the Soldiers were not deployed or had been back from a deployment for more than a year, Ritchie said.

Twenty-seven were deployed to Iraq and three in support of Operation Enduring Freedom. Seven committed suicide within the first year of returning from a deployment to Iraq, and one within a year after returning from Afghanistan. Most of those taking their lives were young, junior-grade troops, generally ages 18 to 24 in the rank of E-3 through E-5. During 2006, 11 were women—the Army's highest number on record.

Another common misconception is that suicides are directly linked to combat or multiple deployments. Ritchie said the root cause of most suicides boils down to relationship problems.

"Consistently, and this has been true over time, the main motive is difficulty with intimate relationships—failed marriages, mainly, and sometimes difficulties with parents and children," she said. "Historically and now, two-thirds to three-quarters of suicides are related to the failure of intimate relationships."

Legal, financial or occupational problems are the No. 2 motive, she said.



www.army.mil

**Of the 102 active-duty Soldiers who committed suicide last year, 72 of the Soldiers were not deployed or had been back from a deployment for more than a year, reported Army officials.**

While emphasizing that long deployments aren't the immediate motive, Ritchie conceded they can be factors because they can lead to relationship problems. "Frequent deployments strain relationships, and strained relationships and divorces are definitely related to increased suicide," she said.

Another factor, she said, is post-traumatic stress disorder. "Historically post-traumatic stress disorder is associated with strained relationships (and) with substance abuse, so there can be, in some cases, a cascade," she said.

"We are under strain as an Army," Ritchie said. "Soldiers are coming and going and really busy. ... Soldiers, (non-commissioned officers and) families are getting tired. And therefore, they are sometimes more irritable, sometimes they don't take care of each other the way they should (and) are not as nurturing as they should be. So I think it is a marker of the stress on the force."

Army Lt. Gen. Raymond T. Odierno, commander of Multinational Corps Iraq, was so

concerned by that impact on his troops that he called on an Army team to help figure out ways to address the suicide prevention effort.

Ritchie was part of the team, which spent most of October in Iraq, interviewing more than 200 deployed Soldiers to get their input. "We heard some things that didn't surprise us but indicated we need to do better," she said.

Troops want "something new" in terms of education and training, she said. They've gotten suicide-awareness training, but want to know exactly what to do if they or a buddy runs into trouble. They know chaplains and mental health professionals are available to help them but hesitate to take advantage of their services because they're concerned about what their buddies will think if they find out, she said.

Ritchie and her fellow team members went to work, drawing up 55 recommendations of ways to improve the program. "This is an ongoing process at looking at what we are doing and saying what we can do better," she said.

## Breaking down the myths about suicide

### • Take suicide threats seriously.

**Myth:** "The people who talk about it don't do it." Studies have found that more than 75 percent of all successful suicide victims did things in the few weeks or months prior to their deaths to indicate to others that they were in deep despair.

Anyone expressing suicidal feelings needs immediate attention. Remember: suicidal behavior is a cry for help.

**Myth:** "If someone is going to kill himself, nothing can stop him."

The suicidal person is ambivalent — part of him wants to live and part of him wants not so much death as he wants the pain to end. It is the part of the person that wants to live that tells another person, "I feel suicidal."

### • Be willing to give and get help — sooner rather than later.

Suicide prevention is not a last-minute activity. Unfortunately, suicidal people are afraid that trying to get help may bring them more pain: being told they are stupid, foolish, sinful, or manipulative; rejection or punishment.

You need to do everything you can to reduce pain, rather than increase or prolong it. Constructively involving yourself on the side of life as early as possible will reduce the risk of suicide.

### • Ask, "Are you having thoughts of suicide?"

**The suicidal person is ambivalent. It is the part that wants to live that tells another "I feel suicidal."**

**Myth:** "Talking about it may give someone the idea." If you ask a despairing person this question you are doing a good thing for him: you are showing him that you care about him, that you take him seriously, and that you are willing to let him share his pain with you.

If the person is having thoughts of suicide, find out how far his ideation has progressed.

• **If the person is suicidal, do not leave him alone.** Stay with the person, arrange for him not to be alone, and find professional help.

• **Do not try to go it alone.**

Get help for the person and for yourself. Distributing the anxieties and responsibilities of suicide prevention makes it easier and more effective.

Source: [www.metanoia.org](http://www.metanoia.org)

## Mental Health Resources

### Army Community Service

• Panzer Kaserne (Building 2915, 2nd Floor); 431-3362/civ. 0711-680-3362.

### Army Substance Abuse Program

• Panzer Kaserne (Building 2948, 3rd Floor); 431-2530/2743/civ. 07031-15-2530/2743.

### Adolescent Substance Abuse Counseling

• Patch Barracks (Building 2312); 430-7041/civ. 0711-680-7041.

### Chaplain's Office

• Panzer Kaserne (Building 2948, 4th Floor); 431-3079/civ. 07031-15-3079.

### Social Work Services

• Panzer Kaserne (Building 2996); 431-2676/2677/civ. 07031-15-2676/2677.

### Emergency Services

• **Military Police:** 114/ civ. 0711-680-114.  
• **Ambulance:** 116/civ. 0711-680-116.



# ODP-Europe U-13 girls: indoor soccer powerhouse

By Susan Huseman

USAG Stuttgart Public Affairs Office

The Olympic Development Program-Europe's Under-13 girls soccer team dominated the German indoor soccer circuit this season. With four German indoor tournament championships under their belt, the team concluded the season with 23 wins, one loss and one tie.

Thirteen of the 22 team members are from the Stuttgart military community. Of the 13, Stuttgart players, Julia Hofmann, Maggie Howe, Emma Mallets, Hannah Mallets, Emily Maxwell, Lina Proska, Emma Quirk and Ellie Welton, are on the championship tournament team.

"It's a coach's dream to have a team that is as dedicated and talented as these ladies are," said coach Rob Mallets, also of Stuttgart. "They play well together. The girls are unselfish. They play a tight defense ... we don't allow them to bring the ball in. We play most of the game on the other team's half of the field."

A look at the stats proves that. This season the team scored 72 goals yet allowed their opponents to score only nine goals.

While the ODP season runs from September through July, the indoor soccer season runs from mid December to mid February. "It's short and intense," said Mallets. "We play almost every weekend."

They play — and they win. On Feb. 9, the team took home top honors at an indoor tournament in Rommelshausen. In the last tournament of the season, the team finally suffered its first defeat but came back to soundly beat the team in the championship game, 4-0.

On Jan. 26, the team won a 10-team indoor soccer tournament in Rottenburg, where

*It's a coach's dream to have a team that is as dedicated and talented as these ladies are.*

**Rob Mallets**

*Coach, ODP-E U-13 girls team*

they outscored their opponents 9-2.

Jan. 12 the team took top honors at the 2008 Herrenberg indoor soccer tournament where they completely shut down their opponents, not allowing a single goal while scoring 17 goals of their own.

The team also won a 19-team international tournament against Swiss and German teams Jan. 5 in Heidenheim, winning the TTL Cup. It was the first time an American team has won this prestigious tournament, said Mallets.

In a typical indoor tournament, a game lasts 10 minutes, and teams usually play five or six games. "I have the luxury of having two strong squads that play in three to four minute shifts," said Mallets. "Most German teams play their best players the entire game."

The red and blue squads make up the ODP-Europe indoor tournament team, but there is also a top-16 team for outdoor tournaments. "I tell the girls they may be top 16 today, but if they're not performing, they may not be there tomorrow," said Mallets.

"I would say the girls' under-13 team is our most successful team," said Udo Radloff, the OPD under-15 girls' state coach and the U.S. Youth Soccer-Stuttgart Select district



Photo by Michael Hoffman

Rob Mallets discusses strategy with members of the ODP-Europe under-13 girls soccer tournament team (from left to right), Julia Hofmann, Emma Quirk, Lina Proska, Emily Maxwell, Emma Mallets, Ellie Welton, McKenna Roden and Kristi Carrigan. Sitting behind Mallets is daughter Hannah.

director of coaching and U-15 boys head coach.

"We call this the 'golden age,'" said Radloff. "The girls enjoy playing. They're not distracted with interests such as student council and other school activities."

"We push our girls a little harder than some of the German teams; some of the smaller towns are perhaps a little behind in developing girls' teams," said Radloff. "But in the last two years I've seen the German girls program get more serious."

With the indoor season over, the team has its sights set on the Easter Open, an international youth outdoor soccer tournament in Cuijk, The Netherlands, March 21-23, said Mallets. The team will be pitted

against Swiss, Dutch Hungarian and Scottish teams.

"It's a great opportunity and cultural exchange for the kids," Mallets said.

To find out more about U.S. youth soccer opportunities in Stuttgart, contact U.S. Youth Soccer-Stuttgart Select president Mark Marchant at [markantmtka@t-online.de](mailto:markantmtka@t-online.de) or Youth Soccer-Stuttgart Select director of coaching, Udo Radloff, at [udo.radloff@t-online](mailto:udo.radloff@t-online).

For more information on ODP-Europe and U.S. Youth Soccer-Europe contact Sven Stadtrecher, director of coaching at [director@odp-stuttgart.de](mailto:director@odp-stuttgart.de).

Or visit the ODP-Europe Website at [www.odp-europe.org](http://www.odp-europe.org).

## All-Stars hoop it on Patch

Stuttgart-area hoop players hit the floor for the annual Night of the All-Stars basketball tournament Feb. 8 in the Patch Fitness Center gym. In the evening's first game, West narrowly edged East 44-42 to win the over-30 title. Ahmad Spidle was named the game's Most Valuable Player.

Chris Jackson drained 11 of 18 shots to win the three-point shootout. With a dominant reverse dunk, Nikia Monday won the slam dunk contest. In the final game, East beat West 59-56 to win the unit-level title. Nakia Maxon was the game's MVP.



Photos by Brandon Beach



[Above] Earl Hollimon of the Stuttgart Dental Clinic competes in the final round of the three-point shootout Feb. 8, as Keith Tull watches on. [Left] Anthony Harris, right, breaks through a crowd of East defenders during the unit-level all-star game. East beat West 59-56.

**15-18 February**  
**\$250 per team**

**Players must be 18 or older**

**Deadline for sign-up and entry fee 11 February**

**Teams limited to 12 players, 2 non-playing coaches**

**One team award, 14 individual awards will be presented to the Tournament of Champions and Runners-Up**



For more info, contact : DSN 430-7136 or CIV 0711-680-7136 or email: [steven.sanders5@eur.army.mil](mailto:steven.sanders5@eur.army.mil)







KC Chiefs Cheerleaders performed a variety of skits Jan. 30 in the Patch Fitness Center.

## NFL cheerleaders salute service members

Story & photos by Brandon Beach

The Kansas City Chiefs Cheerleaders certainly know how to move a crowd, and it doesn't stop at Arrowhead Stadium, home of the NFL Chiefs football team, where, on any given Sunday, 79,415 fans can make the earth shake.

"Being on the field is just 20 percent of being a cheerleader," said Haylee Walters, a two-year veteran. "The other part is doing public appearances and traveling for our troops."

It wasn't Arrowhead, but members of the Stuttgart military community filled the Patch Barracks Fitness Center gymnasium, bleacher capacity 686, to watch the squad high-step through a highly-choreographed two-and-a-half hour variety show

Jan. 30. Between the countless costume changes, the 22 cheerleaders danced, sang, posed for photos and signed autographs.

The event was part of an extended Armed Forces Entertainment tour of European military bases last month.

Before the show, the squad had the chance to visit the Black Stallion Dining Facility to have dinner—and yes, they do eat—and talk with one-on-one with Soldiers and their families.

"I respect what they are doing day in and day out for us," said Charlia Taylor, a cheerleader. "Doing these tours always makes me a little more patriotic."

For more about Armed Forces Entertainment tours visit [www.armedforcesentertainment.com](http://www.armedforcesentertainment.com).



A Kansas City Chiefs cheerleader salutes the audience during an Armed Forces Entertainment show at the Patch Fitness Center Jan. 30.

Elliott | Yamin

**Feb. 19, 7 p.m.**  
**Patch Fitness**  
**Center**

IN CONCERT

## New theater draws global audience

By Brandon Beach

USAG Stuttgart Public Affairs Office

Stuttgart has a new theater in town. The International Theatre Stuttgart officially opened curtain last November with David Mamet's "Oleanna." The three-act play starred Cecilia Amann and Antonio Brunetti, an award-winning actor from the Kelley Theatre.

This month, ITS is set to premiere "Lost and Found" a children's play by Rike Reiniger, about a boy who must clean up his room. The light-hearted comedy features performances in both English and German. The play opens Feb. 27 and runs through April 12 with nine shows in the *Theater unterm Dach*, meaning Theater under the Roof. The intimate theater, which seats 40, is located on the top floor of the *Altes Schauspielhaus*, or The Old Playhouse, in downtown Stuttgart.

"It really gives you a close atmosphere," said Tessa Theodorakopoulos, guest director for "Oleanna."

"Lost and Found" is also a mobile production, meaning the actors and set can travel on request.

"We can perform in classrooms," said Dr. Carl Philip von Maldeghem, artistic director of ITS and the larger *Altes Schauspielhaus*. "Or they can come to us."

As its name suggests, ITS aims to bring foreign-language-based plays, meaning for the most part not in German, to a city finding itself as a sort of cultural melting pot. ITS is part of a larger theater organization called the *Schauspielbuehnen in Stuttgart*, or Theater Stages in Stuttgart.

"Stuttgart is much more international than it might appear," said von Maldeghem, who noted ITS plans to not only perform plays in English this season, but Spanish and French as well. "It is one of the cities where a third of it's inhabitants have a migrating background."

At the end of the month, ITS welcomes TNT Theatre Britain, a touring theater troop who will perform "One Language, Many Voices," dramatic short stories by such prominent 20th century authors as Joseph Conrad and Chi-



courtesy of ITS

*The Altes Schauspielhaus, built in 1909, is located in downtown Stuttgart on Kleine Koenigstrasse 9.*

nua Achebe. The show premieres Feb. 25 and runs through Feb. 29.

"If so many international people are part of your community, you should bring the theater to them," said von Maldeghem.

For more information or to reserve tickets for these and other shows visit [www.schauspielhaus.org](http://www.schauspielhaus.org).



Stuttgart Community Spouses' Club

# BAZAAR VOLUNTEERS GET REWARDS!



- Free Raffle!
- V.I.P Shopping!
- Great Friends and Fun!

You'll be entered in a **FREE** raffle for great bazaar vendor prizes.  
You'll **SHOP EARLY**, Friday Morning before everyone else!  
You'll meet lots of **INTERESTING PEOPLE** and make **GREAT FRIENDS**.

The Stuttgart SCSC is looking for energetic volunteers from **MARCH 10-16:**

**10-13 Help with setup**  
**14-16 Bazaar**

Help us make this year's bazaar a roaring success!



To find out more about being a bazaar volunteer, contact Cora Leigh: [scscbazaarvolunteer@yahoo.com](mailto:scscbazaarvolunteer@yahoo.com)